

Nebraska Food Distribution Processed Commodity Fact Sheet

Name: Egg, Cheese Omelet

Product Code: 85137

Processor: Michael Foods

Category: Meat and Meat Alternate

Date: 6/16/2005

Description: Fully cooked egg omelet containing colby cheese as a filling and hand folded in the middle. This product is 5" x 2 1/2" in shape with a browning color appearance.

Pack Size: 144 omelets

Storage: Store at 0 degree's F or below

Preparation: Keep frozen until ready to use. Place a single layer of omelets in a full size steamer pan sprayed with non-stick cooking spray, cover pan with foil.

Cooking: Convection Oven: 250 degrees F. for 20 to 25 minutes frozen, or 15 to 18 minutes thawed. Convention Oven: 350 degrees F. for 55 to 65 minutes frozen, or 25 to 35 minutes thawed.

Serving Size: 1 omelet (2.1 oz)

Meal Contribution: 2 meat/meat alternate

| Nutrition Facts | | | |
|-----------------|-------------|----------------|------------|
| Calories: | 128.79 | Protein: | 6.89 grams |
| Total Fat: | 10.96 grams | Carbohydrate: | 1.59 grams |
| Saturated Fat: | 3.57 grams | Cholesterol: | 181.25 mg |
| Trans Fat: | grams | Calcium: | 28.72 mg |
| Iron: | 0.58 mg | Dietary Fiber: | 0.09 mg |
| Sodium: | 302.03 mg | Vitamin C: | 0.01 mg |
| Vitamin A: | 436.57 IU | | |